



**April
2019**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

A man and a giraffe walk into a bar. After a few drinks, the giraffe falls asleep. The man begins to walk out when the bartender stops him. "Hey, you can't leave that lyin' there!" The bartender yells out. The man turns around: "It's not a lion. It's a giraffe."

Happy April! Let's make April Fool's Day a little more fun! Instead of playing pranks, let's all tell our best joke! Here's another one: Why can't your nose be 12 inches long?... Because then it would be a foot!

Do you ever feel like someone is playing a prank on you, but it's really just happening? Here's an example. I was in the grocery store the other day and the woman in front of me was buying... wait for it... 100 cans of cat food. I mentioned that she was buying a lot of food. She responded that she has to feed her two 50 pound pet bobcats. I looked around for cameras thinking I was the butt of some prank! Nope. Just another normal day!

Take some time this month to tell us your best joke and put a smile on everyone's face!

~Stacey Minchello

From Your Mayor

We had a few winter storms last month and are hoping that everyone was able to stay safe and warm. As we transition into spring, we are looking forward to the longer days with more sunshine and warmer weather.

Shows coming to the Lynn Auditorium in April include Billy Idol and Steve Stevens: Turned on, Tuned in and Unplugged, The Wild Kratts Live!, Melissa Etheridge, Aguila Descalza Presents Bandera Paisa, Barak and Christian Nodal. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

I was delighted to attend the St. Patrick's Day luncheons hosted by the Lynn Council on Aging and LHAND on March 14th and 15th. Additionally, in celebration of St. Patrick's Day we had the Irish flag raising ceremony at City Hall on March 15th. It was a pleasure seeing many of you there.

Although the snow season has hopefully ended, we continue to encourage residents to sign up for our public notification platform at <https://www.smart911.com>. You can select the type of notifications you would like to receive (school closings, parking bans, weather alerts, missing persons, traffic information etc.). These alerts are specific to the City of Lynn and are meant to keep you informed. All information provided is scrupulously protected by Rave Mobile Safety and is not shared with any other agencies. The service is free.

~Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME
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PACE

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Lynn Council on Aging Senior Center

Publication
 funded by:

Executive Office of
 Elder Affairs &
 City of Lynn

Meet the Staff:

Stacey Minchello

Director 781-599-0110 ext. 503

sminchello@glss.net

Erica Brown

Program Coordinator ext. 618

ebrown@glss.net

Rosa Paulino-Diaz

Activities Assistant ext. 625

rpaulinodiaz@glss.net

Hours of
 Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers

President

Minette Lall

Vice President

Pam Edwards

Clerk

Joan Noble

FRIENDS Liason

Charles Mitchell

Betty Gonzalez Munos

Marlene Vasi Eddy

Carly McClain

Dianna Chakoutis

Robert Mazzone

Meets 4th

Wednesday

monthly at

11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

President

Ann Breen

Vice President

Katherine Brown

Treasurer

Ellen Cash

Recording Secretary

Meets last
 Thursday of the
 month @ 9:45

Meeting Dates: Apr 25 May 30

Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

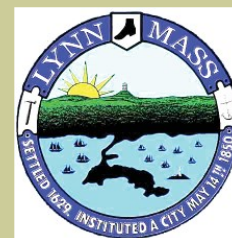
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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CASINO TRIPS

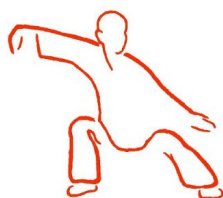
Twin Rivers Casino Wednesday April 17th \$25



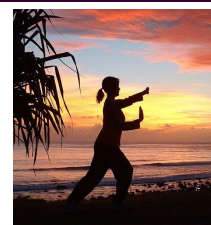
Coach bus departs from senior center *promptly* at 10:30am. Please **arrive no later than 10:00am**.
Bus will leave casino at 6:30pm and arrive back at the Senior Center at 7:45pm. Please book rides for 8:00pm.
Price includes: \$7 food credit & \$10 casino bonus.



MUSICAL AND JOY BASED TAI CHI



Every second and fourth Monday
10:00am-11:00am
Instructor: Mike Elliot
No reservation needed
\$5 per session



**YOUR
AD
HERE
CALL
TODAY**

Fun, easy sessions, beginners welcome, great for your health,
and reduces stress!

UKULELE CLUB



Every Tuesday 9:00am—10:00am
Activities room **FREE!**
Beginners and experienced players welcome
Instruments included at Senior Center
Instructor Matthew McConeghy

SENIOR MEDICARE PATROL

Wednesday May 8th
10:00 English presentation
11:00 Spanish presentation

Lynn Senior Center: 8 Silsbee Street Lynn, MA 01901
Learn to protect yourself from fraud and abuse! Their primary goal is to teach Medicare beneficiaries how to protect their personal identity, and report errors on their health care bills. They also help to identify deceptive health care practices, such as illegal marketing, providing unnecessary or inappropriate services.

MBTA EVENT

Wednesday, April 24th from 9:00am—10:30am

Receive a reduced fare MBTA CharlieCard in the mail
To qualify, you must come in person that day, have a valid **Massachusetts ID**, you must be **65+** years old, fill out an application, and have your picture taken at the Senior Center.

If you have any questions, please call Erica (781-586-8618)

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR 40FT
ADAPTATIONS

LET'S GET TOGETHER: MUTUAL SUPPORT GROUP

Free mutual support group that fosters positivity and gratitude with elements of art therapy.

Wednesdays from March 13th-May 1st

9:30am-10:30am

Activities room in the Lynn Senior Center

Sign up with Lexi Kovach: 781-586-8605

akovach@glss.net

DANCE WITH JOY!

Love to dance? Need to reduce stress? Join us!

FREE!

Thursdays 9:00-9:45

Led by Nancy Deluth

A creative movement experience that combines dance, yoga, and meditation. Can be done seated or standing.



SUPPER CLUB

Every second Wednesday—4:00pm-5:00pm

Looking for attendees interested in socializing with friends. Supper served for \$2 and is sponsored by My Brother's Table. Must reserve seat—first come first serve. Call Rosa Paulino Diaz at 781-586-8625 or Erica Brown at 781-586-8618.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

Apr 3	Modern Times	1936	G	1h 23m
Apr 10	Moneyball	2011	PG13	2h 13m
Apr 17	Hop	2011	PG	1h 36m
Apr 24	Murder on the Orient Express	2017	PG13	1h 54m



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



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**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR
90FT
ADAPTIVE

APRIL HAPPENINGS

- Tue Apr 2** March Birthday Celebration 12:45pm—1:00pm
- Mon Apr 8** Meet & Greet Richmond Pharmacy 12:00pm
Prescription pick-up and delivery
- Mon Apr 8** **Bingo Bonanza!** \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Apr 9** Red Sox Opening Day Celebration 11:00am—4:00pm
See page 7 for more details
- Wed Apr 10** Supper Club \$2 4:00pm—5:00pm
- Wed Apr 10** **Lunch Trip:** The 99 Restaurant \$3 11:30am—2:00pm
- Thu Apr 11** Ice Cream Social \$0.50 1:00pm
Sponsored by: FRIENDS of the LCOA
- Mon Apr 15** **SENIOR CENTER CLOSED—HAPPY PATRIOT'S DAY!**
- Wed Apr 17** **Twin Rivers Casino Trip** \$25 10:30am—8:00pm
See page 4 for more details
- Fri Apr 19** **Brown Bag** 9:00am—12:00pm
Sponsored by Greater Boston Food Bank
- Mon Apr 22** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Apr 23** **Lunch Trip:** Cracker Barrel \$3 10:00am—2:00pm
- Thu Apr 24** **MBTA Senior CharlieCard Event** 9:00am—10:30am
(See page 4 for more information)

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

WEATHER POLICY

In the case of inclement weather, we urge you to stay home for your own safety. We will post our closings to our Facebook page.

If you are unsure if we are open, Please call the main desk (781-599-0110). If you get the answering service, they will inform you if we are closed. Thank you!

GARDENING CLUB



May 7th & May 21st

June 4th & June 18th

Times to be announced

Get outside and help The Food Project of Lynn

provide fresh produce to the community.

Walking, bending, lifting may be necessary.

Receive vouchers to the Farmer's Market in exchange for your help!

If interested, please contact Erica Brown to sign up at 781-586-8618. Make new friends, exercise, and spend some relaxing time gardening in this brand new club!



**YOUR
AD
HERE**

**CALL
TODAY**

AMAZON SMILE

Do you or someone you know purchase items through Amazon.com? Did you know that if you use smile.amazon.com, Amazon will donate part of your purchase to the FRIENDS of the LCOA? It will not cost you anything! Just follow the link below:

<https://smile.amazon.com/ch/04-2900242>

Use smile.amazon.com for all of your purchases to support the Lynn Council on Aging.

RED SOX OPENING DAY



April 9th

Hot dog lunch 11:00am

FREE raffle and a 50/50 raffle pulled at 12:00pm

Game starts at 2:05!

Watch the Red Sox home opener with friends!

PHONE ASSISTANCE OFFICE HOURS

Due to the high number of requests for assistance with cell phones, we have scheduled office hours when we will be available to assist you.

Tuesdays and Wednesdays

2:00pm—3:00pm

These hours are subject to change pending staffing patterns.

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Wellness Watch April 2019

Diabetes Management ZONES



GREEN ZONE	ALL CLEAR (GOAL) <ul style="list-style-type: none"> • Most fasting blood sugars are between 80–130 or _____ • Average blood sugars are less than 180 or _____ • Able to do usual activities 	Doing Great! <ul style="list-style-type: none"> • Your symptoms are under control • Actions: <ul style="list-style-type: none"> ○ Take medicines as ordered ○ Check blood glucose routinely as directed by the healthcare team ○ Follow healthy eating habits ○ Continue regular exercise ○ Keep all doctor appointments
YELLOW ZONE	CAUTION (WARNING) If you have any of the following: <ul style="list-style-type: none"> • Most fasting blood sugars are between 131–200 • Average blood sugars are between 150–210 • Signs and symptoms of high or low blood sugar (see back) • Sometimes have trouble keeping normal activity level 	Act Today! <ul style="list-style-type: none"> • You may need your medicines changed • Actions: <ul style="list-style-type: none"> ○ Improve your eating habits ○ Increase your activity level ○ If eating and activity changes do not help: <p>Call your home health nurse</p> <p>_____ (agency's phone number)</p> <p>Or call your Diabetes healthcare provider</p> <p>_____ (doctor's phone number)</p>
RED ZONE	EMERGENCY <ul style="list-style-type: none"> • Blood sugar under 70 OR _____ • Average blood sugars are above 210 • Glucometer reads "high" • Frequently have trouble keeping normal activity level • Unable to stay awake even during day 	Act NOW! <ul style="list-style-type: none"> • If blood sugar is under 70, treat right away. • Actions: You NEED to report this to your diabetes healthcare provider for instructions • Call your diabetes healthcare provider right away: <p>_____ (doctor's phone number)</p> <p>Or call 911 if this is an emergency situation.</p>



This material was prepared by Quality Insights, the Medicare Quality Innovation Network-Quality Improvement Organization supporting the Home Health Quality Improvement National Campaign, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The views presented do not necessarily reflect CMS policy. Publication number 11SOW-WV-HH-MMD-050216G

SENIOR CENTER ACTIVITIES • April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 – 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MON)	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:15-10:45 POKENO	11:00-12:00 LUNCH	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	11:00-12:00 LUNCH	
	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSERACING	

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Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

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OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE

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R	A	Y	L	E	F	A	A	C	E	G	I	C	P
O	E	L	E	I	B	O	P	P	I	H	H	P	R
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B	A	A	N	O	A	O	A	R	O	U	E	Y	N
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D	O	H	I	L	R	B	E	H	O	C	D	E	K
C	I	C	A	A	A	E	F	F	A	R	I	G	L
O	C	T	E	O	E	P	U	T	T	A	S	O	I
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I	F	B	I	O	P	H	F	I	U	N	O	E	I
T	R	N	N	R	B	U	H	L	H	L	P	E	F

LION LEOPARD CHEETAH RHINO ELEPHANT
 HIPPO GIRAFFE CROCODILE BUFFALO ZEBRA
 BABOON HYENA SPRINGBOK KUDU CIVET
 ELAND

April 2019 Lunch Menu

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFE MENU –APRIL 2019

GLSS NUTRITION
781-586-8687

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken meatball stroganoff/ mushrooms(250),noodles-20 Calories- 631 Sodium-648 ALTERNATIVE Baked pork(106) Calories-690 Sodium-580	2 Hoison chicken stirfry/ mushrooms(563)*,fried rice-116 Calories-600 Sodium-920 ALTERNATIVE Seasoned ground beef(100) Calories-677 Sodium-524	3 Salisbury steak/gravy(459) Mashed potato(109) Calories-735 Sodium-963 ALTERNATIVE Jerk chicken(150) Calories-660 Sodium-710	4 Lasagna/sauce(405) Soup/crackers (185) Calories-638 Sodium-768 ALTERNATIVE Veggie stuffed pepper(100) Calories-632 Sodium-500	5 Potato Pollock/sauce(385) Soup/crackers(204) Calories-763 Sodium-897 ALTERNATIVE Broccoli cheddar bake(436) Calories-849 Sodium-948
8 Chicken Mirabella(284) Rustic baked potato(9) Calories- 837 Sodium-700 ALTERNATIVE Beef picadillo(330) Rice(5) Calories-706 Sodium-703	9 Pork hot dog/roll(886)* Baked beans(140) Calories-740 Sodium-1217** ALTERNATIVE Veggie burger/roll(550)* Baked beans(140) Calories-800 Sodium-990	10 Chicken /supreme sauce(150) Soup/crackers(192) Calories-682 Sodium-834 ALTERNATIVE Egg/cheese croissant(410) Roasted potatoes(121) Calories-670 Sodium-885	11 <u>SPRING SPECIAL</u> Parmesan crusted chicken Rice/peas and turneric Zucchini/summer squash Mousse/topping Roll Calories-700 Sodium-877	12 Stuffed shells/sauce(505)* Soup/crackers(187) Calories-638 Sodium-1107 ALTERNATIVE Fish/tomatoes&onion(150) Soup/crackers(187) Calories-610 Sodium-750
15 HOLIDAY NO MEAL SERVICE	16 Chicken /winter vegetables(213) Roasted potatoes(121) Calories-732 Sodium-930 ALTERNATIVE Beef /onions(100) Calories-640 Sodium-550	17 American chop suey(316) Garlic spinach(40) Calories-741 Sodium-763 ALTERNATIVE Cheese quesadilla(383) Calories-740 Sodium-820	18 Roast turkey/gravy(459) Soup/crackers(94) Calories-882 Sodium-1116 ALTERNATIVE Eggplant parm(512)* Calories-780 Sodium-1031	19 Broccoli/cheese bake(436) Red bliss potato(5) Calories-832 Sodium-900 ALTERNATIVE Coconut curried fish(270) Calories-752 Sodium-674
22 Meatloaf/gravy(370) Mashed potato(109) Calories-684 Sodium-780 ALTERNATIVE Oven fried chicken(440) Calories-716 Sodium-860	23 Chicken meatball sub(570)* Soup/crackers(159) Calories-900 Sodium-1073 ALTERNATIVE Bean/cheese burrito(300) Calories-650 Sodium-800	24 Chicken pot pie(570)* Red bliss potatoes(5) Calories-780 Sodium-920 ALTERNATIVE Macaroni and cheese(520)* Calories-820 Sodium-933	25 Pot roast/gravy(168) Soup/crackers(149) Calories-741 Sodium-740 ALTERNATIVE Veggie Shepherd's pie(200) Calories-700 Sodium-840	26 Balsamic chicken(462) Rice pilaf(93) Calories-683 Sodium-905 ALTERNATIVE Stuffed shells/sauce(505)* Calories-610 Sodium-800
29 Honey rosemary pork(168) Mushroom soup/crax (271) Calories-690 Sodium-856 ALTERNATIVE Spinach/cheese enchilada-310 Calories- 650 Sodium-900	30 Cranberry orange chicken(145) Wild rice(148) Calories-610 Sodium-615 ALTERNATIVE Honey mustard pork(295) Calories-733 Sodium-635		ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED ** ARE HIGH SODIUM(more than 1200MG per meal).	NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

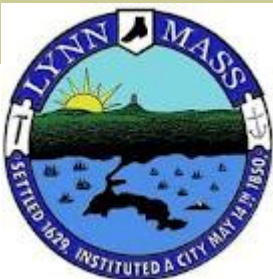
WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thu April 4th & Tue April 16th

Thu May 16

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD PRESSURE CHECKS

Tue & Thu

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
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